日常生活記録用紙

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 日付曜日 | | | 血圧・脈拍  (朝)※ | | 体重 | | 食事摂取量 | | | 内服薬 | | | 運動記録 | | | | | | | | 胸痛有無 | | | 血圧・脈拍  (寝る前) | | 備考 |
| 朝 | 昼 | 夕 | 朝 | 昼 | 夕 | 種類・時間 | | 前の血圧・脈 | | 後の血圧・脈 | | 運動強度 | |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| / | |  | / |  |  | |  |  |  |  |  |  |  | |  | |  | |  | | 有・無 | | | / |  |  |
| 運動強度 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | 6 | | 7 | 8 | | 9 | | 10 | 11 | | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |  | ※朝起きて、排尿を済ませ、朝食や内服せずに測ります | | | |
|  | 非常に楽 | | | とても楽 | | | | 楽 | 普通 | | | | ややきつい | | きつい | | とてもきつい | | 非常にきつい | | |  |